

BAB 6

KESIMPULAN DAN SARAN

6.1 Kesimpulan

Terdapat korelasi antara lingkar pinggang dan indeks massa tubuh dengan tingkat lemak visceral pada mahasiswa Fakultas Kedokteran Universitas Katolik Widya Mandala Surabaya, dengan kuat korelasi pada laki-laki lebih besar dibandingkan pada perempuan.

6.2 Saran

6.2.1 Bagi Masyarakat

Sebaiknya bagi masyarakat penentuan kegemukan tidak hanya berdasarkan berat badan saja, tetapi juga berdasarkan lingkar pinggang dan indeks massa tubuh.

6.2.2 Bagi Institusi

Bagi institusi pendidikan, melihat bahwa nilai rerata IMT mahasiswa termasuk dalam kategori pra-obes dan obesitas tingkat I, sebaiknya diadakan edukasi kepada mahasiswa mengenai pentingnya menjaga IMT tubuh dalam rentang nilai yang normal.

6.2.3 Bagi Penelitian Selanjutnya

Penelitian selanjutnya diharapkan dapat menggunakan rentang usia yang lebih luas sehingga hasil penelitian dapat digeneralisir kepada populasi yang lebih luas, membandingkan variabel penentu kegemukan yang lain dan penggunaan metode pengukuran tingkat lemak visceral yang lebih akurat.

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